



# Total Joint Replacement

## Pre-Surgery Checklist

### Following these steps will help you prepare for your surgery

- **Register for pre-operative class.** Register for class at the location of your surgery by scanning the QR code or visiting: [trinityhealthmichigan.org/ortho-help](http://trinityhealthmichigan.org/ortho-help) and review the information on this website.
- **Choose a coach.** A coach is a person who can help support you in your recovery both in the hospital and at home. Your coach is someone who will help you stay motivated and succeed.
- Perform the preoperative exercises explained in the patient guide.
- Sign up for the **Twistle App**. This is secure patient engagement app that gives you the ability to contact your care team and it provides education throughout your journey. Follow the instructions on the back page to sign up.
- **Create a post-operative plan for your recovery:**
  - Prepare your home following the guidelines discussed in class (e.g. remove throw rugs).
  - Arrange to have assistance at home (24 hour assistance is not required).
  - Arrange for a driver for your appointments and discharge from the hospital.
- **Attend your history and physical appointment (Pre-admission testing).** This appointment is mandatory.  
If you are unable to attend, you must cancel 48 hours prior to the appointment time, by calling 734-712-1313 to reschedule. Date \_\_\_\_\_
- Complete the **MARCQI** pre-operative PRO Survey (patient reported outcomes). This may be completed on paper in your surgeon's office or through the email link you will receive from [marcqi.ortechsystems.com](http://marcqi.ortechsystems.com). You will also be asked to complete these surveys postoperatively at 5-13 weeks, 1 year, 2 years, 5 years and 10 years.
- Please follow the infection prevention guidelines given to you regarding the body wipes, washing your bed linen, changing your pajamas and the restrictions on pets.

Scan the QR  
Code to register  
for class.



(continued on back)

## Instructions for the Twistle App

**It is very important that you follow these instructions as soon as you receive the text message invitation on your smart phone.**

- You will receive a text message invite from an 833 area code **after** you provide us with your cell number, date of birth, surgeon, surgery date and type of surgery – you may email this information to: **Twistlesignup@trinity-health.org**
- Tap on the link in the text message, the link will take you to your app store or google play store. Download the Twistle app and open the app.
- Enter your cell phone number including area code, then tap the white circle with the arrow.
- You will receive a text message from Twistle with the same phone number as the original text message.
- Tap on the link in the text message and it will take you into the Twistle app.
- Add a photo of yourself on the first page that opens.
- Tap on the **“I agree & finish”** box and allow notifications, if asked.
- You will receive messages from Twistle to help you prepare before your surgery and recover after your surgery. These messages will start 35 days before your surgery.



**If you have any questions downloading the app, contact Twistle support  
by phone or email: 855-906-4680 • support@twistle.com**